

COVID-19 CARE GUIDE

2020



The STEM
Babysitting Company

SECTION 1. GOOD HEALTH

As we maintain our high standards of care, we will be implementing new measures to keep your family safe and healthy. We have provided each team member with a COVID-19 Care Guide.

NEW MEASURES

- Washing hands: Our nannies, will be washing their hands upon arrival to every appointment for a minimum of 20 seconds and at minimum, once every hour throughout your appointments.

We will ensure that your little ones wash their hands for at least 20 seconds, encourage them to keep their hands out of their mouth and face and to cough in their elbow. We will encourage this behavior by giving lots of verbal praise when we observe them doing either technique correctly.

- Disinfectants: Our caregivers are equipped with disinfectants approved by the Environmental Protection Agency (EPA) as effective against the COVID-19 coronavirus.

We will continue to use these wipes to clean personal items brought into families' homes and reusable experiment materials that move between households.

- Reimbursements: We are providing reimbursements for a Caregivers' purchase of hand sanitizers, hand disinfecting wipes and other sanitizing materials.
- Good practices: We have coached our team on equipping their body's natural defenses for success and using common sense practices including:
 - Eating lots of leafy greens, fruits and vegetables. Consuming lots of water and getting at least 7-hours of sleep.

- Reviewing the [CDC's recommend hygiene practices](#), avoiding crowded places and high-traffic areas, and wearing gloves in public when possible.
- Disinfecting commonly used items such as cell phones, keys, wallets, etc.
- Ensuring good health before arriving to work.

If a Nanny or client's family becomes ill, they must provide a doctor's note with clearance that it is not COVID-19 coronavirus or self-quarantine for 14 days.

TALKING TO YOUR NANNY

Our Nannies are prepared to have open conversations about COVID-19 Coronavirus. We welcome all questions and instructions on how to best care for your family.

EDUCATING THE LITTLE ONES

We are doing our part to teach your little ones good sanitary habits! We have equipped our Nannies with additional activities to teach your little ones about germs in a fun, exciting way!

In addition to our projects and experiments, our Nanny will be utilizing new educational resources to keep your little ones' brains working during their time off from school. We're keeping the learning going!

WHAT PARENTS CAN DO

- Maintain open communication with your Nanny.
- If the littles are out of school for more than a week, we encourage parents to maintain a routine. Please collaborate with your Nanny to come up with the day's schedule as it will make the transition back to school much easier.
- If their school has not provided schoolwork, we recommend parents keep the little ones' brains working by implementing a set time daily for educational workbooks.
- Review the [CDC's recommended hygiene practices](#).